

CLAIMS

What is claimed is:

1. An oral contraceptive starter kit comprising at least two cycle packs of oral  
5 contraceptives containing an estrogen and a progestin, and having a penultimate  
and a last cycle pack, the effective dosage of steroid in the penultimate cycle pack  
being greater than the effective dosage of steroid in the last cycle pack, the last  
cycle pack providing no more than about 20 ug estrogen per dosage unit.
- 10 2. The starter kit of Claim 1 wherein the cycle packs are packaged in individual  
units.
3. The starter kit of Claim 1 wherein multiple cycle packs are packaged together  
as a single unit.
- 15 4. The starter kit of Claim 1 further comprising written instructions describing  
the order of use of said cycle packs.
5. The starter kit of Claim 1 wherein the estrogen is ethinylestradiol.
- 20 6. The starter kit of Claim 1 wherein the progestin is selected from the group  
consisting of trimegestone, norgestrol, norgestrel, levonorgestrol, cyproterone  
acetate, 3-ketodesogestrel, desogestrel, gestodene, drospirenone, medroxy  
progesterone acetate, megestrol acetate, norgestimate, 17B deactyl norgestimate,  
25 osaterone, norethindrone, norethindrone acetate, lynestrenol, norethynodrel, and  
ethynodiol diacetate.
7. The starter kit of Claim 1 wherein the estrogen is ethinylestradiol and the  
progestin is levonorgestrel.
- 30 8. The starter kit of Claim 1 wherein the estrogen is ethinylestradiol and the  
progestin is norethindrone.
9. The starter kit of Claim 1 wherein the estrogen is ethinylestradiol and the  
35 progestin is norethindrone acetate.

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10. The starter kit of Claim 1 wherein the estrogen is ethinylestradiol and the progestin is gestodene.
- 5 11. The starter kit of Claim 1 wherein the estrogen is ethinylestradiol and the progestin is norgestimate.

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